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[1944]

TASTY SOY

EDIBLE SOY BEANS

Be sure to plant these in your Victory Garden

The many reasons why you should

- Flavor is mild and pleasing
- Excellent source of vitamins A B and G
- May be eaten green like Lima Beans or prepared as a dried bean
- Better than Navy beans for baking
- High in food value—starch content low
- Protein content 4 times that of eggs
- Calcium content 50% greater than cows milk
- Roasted and ground they make a rich brown beverage
- Delicious toasted and salted
- Sprouting the dried beans makes a fresh winter vegetable
- Sprouts may be cooked or used in fresh salads
- Rivals tomatoes in vitamin C
- Has more available iron than Spinach
- Has 12 times more fat and 2 times more protein than Navy Beans
- Valuable substitute for meat
- Plant is very productive—Matures early
- Resistant to drought, disease and insects
- Plants grow everywhere and require no support
- Makes a good protective hedge for the garden against bugs and dry weather



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